

# FOOT - Foot/Podiatric Disorders

## FOOT-AP ANATOMY AND PHYSIOLOGY

**OUTCOME:** The patient/family will understand anatomy and physiology as it relates to the foot and the patient's foot disorder.

### STANDARDS:

1. Explain normal anatomy and physiology of the foot.
2. Discuss the changes to anatomy and physiology as a result of the foot disorder (e.g., skin changes, nerve damage, deformities, amputations).
3. Discuss the impact of these changes on the patient's health or well-being (e.g., deformity, amputation).

## FOOT-C COMPLICATIONS

**OUTCOME:** The patient/family will understand the complications of the patient's foot disorder.

### STANDARDS:

1. Discuss the common or significant complications associated with the foot disorder, e.g., pain, itchy rashes, serious infections, amputations and nerve damage.
2. Describe the signs/symptoms of common complications, e.g., numbness, tingling, pain, open sores, smelly wounds, itching, cracking. **Refer to DM-FTC.**
3. Discuss that many complications can be prevented by full participation with the treatment plan.

## FOOT-DP DISEASE PROCESS

**OUTCOME:** The patient/family will have a basic understanding of the foot disorder.

### STANDARDS:

1. Discuss the foot disorder. **Refer to DM-FTC.**
2. Explain causative factors and implications of the foot disorder.
3. Discuss the signs/symptoms and usual progression of the foot disorder.
4. Discuss the signs/symptoms of exacerbation/worsening of the foot disorder.

## **FOOT-FU    FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of foot disorders.

### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and that follow-up appointments be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **FOOT-HM    HOME MANAGEMENT**

**OUTCOME:** The patient/family will understand the home management of the patient's foot disorder.

### **STANDARDS:**

1. Discuss the home management plan and methods for implementation of the plan.  
**Refer to DM-FTC.**
2. Explain the importance of following a home management plan, e.g., fewer emergency room visits, fewer hospitalizations, and fewer complications.
3. Explain the use and care of any necessary home medical equipment.

## **FOOT-HY    HYGIENE**

**OUTCOME:** The patient will recognize good personal hygiene as it relates to foot health.

### **STANDARDS:**

1. Review bathing and foot hygiene habits (e.g., daily foot inspection, washing, nail clipping, bathroom cleanliness).
2. Discuss any hygiene habits that are specifically pertinent to the foot disorder or dressing changes.
3. Explain that protective footwear may be necessary. **Refer to DM-FTC.**

## **FOOT-L    LITERATURE**

**OUTCOME:** The patient/family will receive literature about the patient's foot disorder.

**STANDARDS:**

1. Provide patient/family with literature on the foot disorder.
2. Discuss the content of the literature.

**FOOT-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the goal of drug therapy and will be able to demonstrate and explain use of the prescribed regimen.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, duration of treatment and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**FOOT-P      PREVENTION**

**OUTCOME:** The patient/family will understand that healthy lifestyle behaviors can reduce the risk of developing foot disorders and/or complications.

**STANDARDS:**

1. Discuss the importance of good shoes and socks for foot health (support, breathability, wicking). Shoes should fit properly without pinching, slipping, rubbing, or pressure spots.
2. Discuss healthy lifestyle habits that will prevent/control conditions that may predispose to a foot disorder, e.g., wearing proper shoes, tobacco cessation, healthy eating, exercise and stretching prior to exercise.
3. Discuss the importance of foot exams (e.g., home foot checks, yearly filament screening). **Refer to DM-FTC.**
4. List lifestyle habits that increase/decrease the risk for the onset, progression, or spread of the foot disorder.

## **FOOT-PM PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand the plan for pain management.

### **STANDARDS:**

1. Explain that pain management is specific to the disease process of this particular diagnosis and patient and may be multifaceted. **Refer to PM.**
2. Explain that short-term use of narcotics and other medications may be helpful in pain management as appropriate.
3. Explain that other medications may be helpful to control the symptoms of pain.
4. Discuss non-pharmacologic measures that may be helpful with pain control.

## **FOOT-PRO PROCEDURES**

**OUTCOME:** The patient/family will understand the proposed procedure, including the indications, complications, and alternatives, as well as, possible results of non-treatment.

### **STANDARDS:**

1. Discuss the indications, risks, and benefits of the proposed procedure as well as the alternatives and the risk of non-treatment.
2. Explain the process and what is expected after the procedure.
3. Explain the necessary preparation for the procedure.
4. Discuss pain management as appropriate.

## **FOOT-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results

- b. follow-up tests may be ordered based on the results
- c. how results will impact or effect the treatment plan
- d. recommendations based on the test results

## **FOOT-TX TREATMENT**

**OUTCOME:** The patient/family will understand the treatment plan.

### **STANDARDS:**

1. Explain the treatment plan. Emphasize the importance of active participation by the patient/family in the development of and participation with treatment plan.
2. Discuss therapies that may be utilized.
3. Explain that various treatments have their own inherent risks, side effects, and expected benefits. Explain the risk/benefit of treatment and non-treatment.
4. Discuss the importance of maintaining a positive mental attitude.
5. Refer to a foot specialist as appropriate.

## **FOOT-WC WOUND CARE**

**OUTCOME:** The patient/family will understand the necessity and procedure for proper wound care and infection control measures.

### **STANDARDS:**

1. Explain the reasons to care appropriately for the wound, e.g., decreased infection rate, improved healing.
2. Explain the correct procedure for caring for this patient's wound. As appropriate the patient/family will demonstrate the necessary wound care techniques.
3. Detail the supplies necessary for care of this wound (if any) and how/where they might be obtained. Emphasize the proper methods for disposal of used supplies.
4. Explain signs or symptoms that should prompt immediate follow-up: increasing redness, purulent discharge, fever, increased swelling/pain, etc.
5. Discuss any special recommendations or instructions particular to the patient's wound. **Refer to DM-FTC.**